

ANGER

Study Guide for Overcoming Irritability (Anger) (Abbreviated Form) You can be a nice person.

—Philippians 4:5

The Greek word, *ir:is^lf*, used in Philippians 4:5 means forbearing, large hearted, gentle, courteous, considerate, generous, lenient, moderate. In summary, it is describing a quality which is the opposite of irritability, rudeness, and abrasiveness; it is describing a quality that would make a person nice instead of nasty. **It** is saying that if you are a Christian, you can be a nice person.

1. With whom or what are you most likely to be irritable? What is there about your surroundings that irritates you? About yourself? About your friends, associates, family? When are you most likely to be irritable? How do **you** express irritability?
2. Identify the last three times you became irritated and analyze what happened and what you did. If you can't remember three instances from the past, examine several times when you are prone to be irritated in the present and future.
3. Examine the following items and underline the things that tend to irritate you:
when you don't get your own way; when others don't do what you want them to do; when others make mistakes; when others are slow to understand, appreciate, or accept your point of view; when others don't give you the respect or attention you desire; when others disagree with you, or criticize or oppose or rebuke or correct you; when others fail or are inefficient; when others insist on having their own way; when others won't cooperate with you or yield to you; when others won't leave you alone; when others deny you your rights; when you don't get what you want; when others interfere with your plans; when others will not change as you want them to change; when you don't get the promotion or position or grades you desire; when others say "no" to you; when others ignore you or treat others better than they treat you. Ask your mate or a close friend to evaluate you in terms of these situations.
4. In the light of the previous assignments make a list of specific ways in which you need to change to become a more forbearing, nicer person.
5. Study the following passages and notice how the people described reacted **in** potentially irritating circumstances. How would you have reacted in these instances? Did they manifest forbearance or irritability? Genesis 4:1-14; Genesis 13:5-13; Genesis 30:12; Genesis 45:1-15; I Kings 12:6-15; John 13:1-17; Luke 9:51-56; Matthew 15:21-28; Matthew 20:17-24 (*esp.* vs. 24); Matthew 18:23-35; John 13:21-30; John 21:15-19; Acts 11:1-18; Acts 13:50-52; Acts 7:54-60; Acts 16:19-34.
6. Study the following verses and note what you must do to overcome irritability: John 17:17; Acts 20:32; II Timothy 3:15-17; Colossians 1:9-11; Proverbs 16:32; Proverbs 29:11; I Timothy 4:7; Proverbs 19:11; Proverbs 27:12; Proverbs 28:28; Proverbs 19:19; James 1:2-5; Philippians 1:12-19; Proverbs 22:24,25; Romans 8:28,29; Romans 5:3-5; James 4:6; Ephesians 5:20; I Corinthians 10:13.
7. Focus on several ways in which you need to change to become a nicer person. Make these items a constant matter of prayer, refuse to excuse yourself when you fail, confess your sins daily, and discipline yourself to work daily on becoming a more forbearing person. If you are a Christian and do this consistently, you will become a nicer person and become a better testimony for Christ